

Secrets of Self-Hypnosis Masterclass Scriptbook

Secrets of Self-Hypnosis: Masterclass Script Book

By Adam Eason

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Secrets of Self-Hypnosis Master Class: Script Ideas

Before reading through these script ideas, remember that is exactly what they are here for; ideas. Please do not use them directly. You need to take your time to create and personalise your own programmes so that they have more depth and dimension and resonate better with you.

Only read through these scripts when you have arrived at that section in the audio programme.

I wish you the best with them and send you my kindest regards,

Adam Eason.

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A Typical Looping Programme:

This is my programme for strengthening and enhancing my inner self. From this moment forwards and lasting throughout my entire lifetime, I find that I am feeling and being progressively more and more mentally calm. I am more and more calm in my thoughts, more and more calm in my feelings, more and more calm in my reactions, more and more calm in my responses. Progressively feeling and being more and more calm with place and person, time and event, circumstance and situation, so wonderfully, naturally and easily calm and beautifully and gently relaxed. It's like I have more time for my thoughts, more time for my self, my inner self.

And mental calmness is the ability to experience events, circumstances and situations in my life in their true and correct perspective and so progressively I do find from this moment forwards that I am experiencing each and every aspect of my life in its true perspective, experiencing each and every event in my life in its true perspective, as it should be; free from distortion of events and happenings of the past.

I am so much more mentally calm and what this means is that I have the ability now to deal with and to cope with each and every aspect of my life in a more and more calm way, having time for my thoughts and my feelings, my reactions and my responses.

And because I am more and more calm, I am more and more relaxed. More and more physically relaxed, for example, when I am walking upstairs, I am using the muscles that are required to climb upstairs, and the muscles I am not using are resting and relaxing, easily, gently and naturally. And on the occasions when I am resting all my muscles, each of my muscles in turn are relaxing easily and gently, conserving and reserving the energy and the life force that flows through my system. Giving me more natural energy at the times I require it and need it the most, enhancing my belief in myself, my enthusiasm and my motivation for life.

And you know, there is a by-product, a natural benefit of feeling and being more and more relaxed and feeling and being more and more calm. And that is that I notice, I truly notice, that I am becoming, feeling and being more and more confident, more deeply self assured and this is natural because two of the main ingredients of increased confidence are mental calmness and physical relaxation. When I am calm mentally, when I am relaxed, physically, I find that I am naturally feeling and being more and more

confident, and so I am from this moment forwards being more confident in each and every aspect of my life.

I am more and more confident with place and person, more confident with time and event, more confident with circumstance and situation, so much more confident in my self, really believing in my self and my abilities to achieve the goals I set my self in life. A deep-rooted self-belief in my self. More and more confident in relying on my self to help my self get the very best out of each and every aspect of my life, getting the most out of each and every situation. Instinctively and intuitively depending on my intuition and my instincts and my inner, natural, creative abilities to help me make the most out of each and every aspect of my life.

As I am and feel more confident, more deeply self-confident, so those around me can feel it and how wonderful that feels, how naturally my self-esteem is enhanced more and more each day and night, night and day. Growing and enhancing within me.

***And because I am becoming more and more confident, so it is that I am becoming more and more competent.** More and more competent in each and every aspect of my life that pleases me. I am better and better in more and more aspects of my life, better and better at making changes in my life that please me, better and better at achieving goals. Better at relying on my self in a way that promotes, endorses and encourages the results I am looking for, the effects that I wish.*

***Because I am becoming better and better in each and every aspect of my life, of course, this means that I am becoming better and better at using hypnosis.** I find that my hypnosis is of a better and better quality. Each and every time I choose to enter hypnosis I find that it is easier and easier and more natural for me to enter into hypnosis. I find that I go deeper and deeper so naturally and easily. As a result of this I find that my hypnosis sessions are more powerful and beneficial for me and to me.*

***As a result of my continuing better quality hypnosis, I find that the quality of my sleep is also becoming progressively better and more natural.** Each and every time I choose to sleep, I drift easily and simply into sleep, each and every time I choose to enter into sleep I enter into a deeper and deeper, more natural, more beneficial, refreshing, invigorating and relaxing sleep. I find also from this moment forwards and lasting throughout my entire lifetime, my sleep is progressively more and more undisturbed. Undisturbed, of course except in case of an emergency and an emergency, as I know, is anything that requires my immediate attention and should such an emergency occur or exist, of course, I wake and deal with it in the most appropriate way.*

*In the absence of such an emergency my sleep continues to be so wonderfully refreshing and relaxing that I wake at the time I set myself, feeling and being so wonderfully calm, refreshed, relaxed and at ease, often waking with enthusiasm, sometimes with excitement, and always, always with this wonderful, gentle beautiful mental calmness. **(Remember, this theme of mental calmness is the theme we started with at the beginning of this programme. The end of the programme leads to the beginning. It loops and powers itself up)***

This is my programme for strengthening and enhancing my inner self. It is a natural hypnotic programme always working effectively and efficiently for me and to me, each breath that I breathe and with each beat of my heart, I am strengthening and enhancing this programme, ensuring that it is working even more beneficially and

progressively for me. I thank myself and my unconscious mind for allowing me to benefit from this deep hypnotic session, knowing next time deeper, next time even more progressive.

Here are some **guided visualisation scripts**;

Forest Walk:

I imagine myself now moving, almost floating in a beautiful forest. It's a crisp autumn day and the dappling sun reflects upon a gurgling stream that runs along the edge of the forest and can be heard gently and softly in the background. I tread carefully into the forest, over the crackling red and golden leaves and broken twigs; pine cones are scattered across the ground - a squirrel runs up a tree - I watch the speed with which it moves, swiftly up and through the branches until it moves out of my sight.

It's a very peaceful life here in this forest; I notice clusters of bluebells and soft green moss. I can detect the pleasant aroma and perfumed, I can almost taste the freshness in the air and feel it tingling on my tongue. The deeper into the forest I venture, the deeper into relaxation I drift – I am drifting more and more deeply into a progressively more and more calm and tranquil feeling.

I watch a leaf falling from a tree as it dances and twirls in the air, before fluttering slowly down to rest with the others. I pause for a while and rest against an old oak tree. I can feel the rough bark of the tree against my fingertips - smell the earthy ground and soft leaf mould - fairy rings of toadstools or mushrooms scattered here and there, and even as I am resting here against the rough bark of the tree, I can feel a deep sense of peacefulness in this beautiful place. And this deep sense of peacefulness is growing and developing within me – it is growing stronger and stronger each and every day. Each and every day I am growing stronger and stronger - as strong as an old oak tree, stronger and stronger each and every day.

Because now, my body knows how to relax more and more naturally, in the way that nature intended. And relaxing like this brings me closer to nature and the wonderful resources that exist deep in my unconscious mind.

Scenic Garden Script:

I imagine that I am standing at the top of some steps, which lead down into a long, colourful and beautiful garden. Just standing comfortably and lazily. As I gaze onto the garden, I breathe a deep long breath of pure, clean, fresh air and I can feel that wonderfully healthy air flowing through my body. As I gaze, I stretch and relax feeling more and more increasingly, deeply, lazily and calm.

In the garden I can see a long, lush, green lawn, beautiful coloured flowers, large trees and hedges surrounding the perimeter, ensuring that the garden is private and secluded. I can smell the clean fresh air, and the sweetness of the all the wildlife and nature here in my own special garden. I can hear the sounds of bees humming at a safe and comfortable distance, of birds singing high in the branches of the trees above, the occasional soft breeze rustling the branches.

Every sight, every sound, every feeling serves to take me deeper into a deep hypnotic experience, more and more easily, naturally and gently.

I feel that soft, warming breeze as I enjoy the feeling of the sun's rays against my skin, warming my face, relaxing my body, relaxing my mind further and further. I can see

at the very far end of this garden is a slowly babbling brook flowing from a small waterfall from higher ground; the sound is so deeply soothing and calming.

All is so peaceful, so calm and tranquil, so enjoyably serene. As I stand enjoying the sights of this beautiful garden, I notice that a colourfully patterned butterfly has landed on one of my arms and seems to be responding to me. It is preparing to take flight and seems more likely to do so with every slower, deeper breath that I breathe, almost as if my deeper breaths were energising the butterfly. I find that after a couple of breaths, the butterfly gently flutters its wings and flies away. I decide that I wish to walk towards the garden and look down at the gentle sloping steps of which there are five. With each and every step that I take, you naturally drift deeper and deeper to the right state of hypnosis for me now. Into a deeper and deeper blissful hypnotic trance now.

So, down the first step, drifting deeper, the second step, relaxing more and more. The third step, wonderfully deeper, really feeling the difference, the fourth step, so much enjoyably deeper, really letting go. And the fifth and final step, all the way now, to the very deepest level of hypnotic trance.

As I begin to walk along the fine, springy lawn, I smell the wonderful flowers and shrubs, noting all the new life around me, new beginnings; I breathe in this new life, these new beginnings and feel it flowing through my system. With each step that I take, I drift deeper to sleep now, until I reach the babbling brook. I enjoy the sound of the clean, clear water passing over the rocks and pebbles around the waters edge. I notice brown, furry bulrushes growing around the outside and see up ahead a large weeping willow tree drips its foliage into the water. Everything is so tranquil, so relaxing, and so calm.

I sit down beside the running water for a moment, just soaking up all that is wonderful here and now for a moment, knowing that there is nothing expected from me, there is nothing that I need to do or have to do, this is an opportunity for me to spend some time separated from the outside world for a little while at least.

Mountain Script:

It is a beautiful spring sunny day - the warm sun is shining down upon me - making me feel more and more wonderfully comfortable. I am moving and going on up along a path up a mountain. I notice that the path is gradually ascending this gentle slope. I can and do let myself really feel that I am travelling upward and going higher and higher, into the mountain of peace and tranquillity.

As I look around me now. I just pause here for a moment, and notice a soft breeze blowing on my skin and on my hair. I am quite high up the mountain and I have a wonderful clear view below, and across - I can see for miles and miles around. Here and there I notice wildlife moving and even come across a rabbit or a few mountain sheep or goats. They live peacefully up here; I continue my journey up the mountain.

As I go higher, so the mountain becomes a little steeper and in places the path narrows. Gorse bushes border my path in places, and mountain flowers peep out to greet me. I can see another mountain, which looks so close that I almost feel that I could walk over to it.

As I climb higher and higher, ascending up the mountain, I eventually reach a plateau where I stop to rest. I just pause there, resting a while, relaxing more and more, and take in, absorbing the beautiful and spectacular view. As I look down the mountain I can see how far I have come. I have come a very long way, up a mountain path that was,

at times, difficult, at other times easy, however I continued. And I can continue now until I reach the summit. I'm going to just enjoy those last moments as I progress toward the summit until I reach the summit. I move closer and closer now towards my goal.

Here is a script just using your awareness of your self to enter hypnosis:

Heightened Awareness Script:

I just allow myself to listen quietly to the instructions and suggestions that I am giving myself and of course I am more and more aware of all those other sounds too, sounds within my immediate periphery as well as sounds from outside of it. These sounds all serve to enhance and improve my experience of this session more and more and I continue to heighten my awareness of the quietest sounds. In fact the sounds, even if that means the sound of silence, just continue to help to relax me progressively more, that is right, and while I am listening to the immediate sounds all around me, I just simply allow myself to be as lazy as I could ever want to be. I bask in this awareness of this moment. I realise that the past has happened, I cannot change it, the future is yet to occur, it is not tangible, so I continue to engage myself fully in this moment and I continue to just allow myself to be as lazy as I could ever want to be.

I notice more and more acutely what it is that I am experiencing in this moment. So, that while I continue relaxing here in this comfortable position, I can just be more and more aware of my body. I am more and more aware of my hands where they are resting, noticing even the most tiniest of movements and sensing the weight of them, then allowing my attention and awareness to spread out along my arms, to really experience how my arms are right now, perhaps noticing the angle of my elbows and maybe sensing the weight of my head whatever it is resting on, or however it is balancing on my shoulders.

As I focus and concentrate on my own inner realities increasingly more, I realise, that weight might seem to just gently alter, or vary as I allow myself to relax more and more, continuing to just be more and more aware of my ankles and feet now, where they are placed, and wondering if they will start to feel heavier or lighter too, as I continue to relax further and further. I allow my self to think again about my breathing for a few moments, noticing that my breathing is becoming slower and steadier, more rhythmic as I relax more and more; it is slower, deeper and steadier. I am breathing so slowly and steadily and evenly, it is almost as though I am sound asleep, breathing so evenly, so naturally, so steadily, I almost would not disturb a feather placed immediately in front of me, breathing so slowly and easily, so gently.

Right now, in this moment as I allow myself to relax even more deeply and profoundly, I begin to sense the beating of my own heart, noticing it quite subtly at first and as I concentrate and feel its movement, my awareness tunes into it more and more, I am easily sensing the beat of my own heart and just seeing whether I can use the power of my mind to slow that heartbeat down, a fraction, just a touch, I am just seeing whether I can use the power of my mind to slow that heartbeat down just a little, so that I can allow my entire body to continue to relax and become steadier and easier until it is just ticking over, smoothly, like a well maintained machine of some sort or another, it is just ticking over, more and more smoothly, more easily, quietly, more comfortably, so that I can become gradually more aware of my entire self, my entire self, more aware of my arms and hands, just sensing how they are, again more aware of my legs and feet too,

again just sensing how relaxed they might feel, and wondering if it is possible to relax them even more, to be so in touch with myself that I can actually get my entire body, to naturally relax even more, yet remaining totally alert and sharply focused with a better and better clarity of thought.

I am noticing now how even my face muscles can begin to really relax, relaxing and letting go of any tensions that were or were not there, almost, but not quite, completely unnoticed, just being vaguely aware of the skin and the muscles of my face settling, smoothing out, a wonderful feeling, all those tiniest of muscles just melting away, softening more and more wonderfully, letting go further with every breath that I exhale and that feels so good, and as I continue to sense the beat of my heart and my body's natural rhythm, I wonder at the fact that I am so absolutely relaxed and comfortable that I simply drift deeper and deeper into a deep hypnotic state now.

Just allowing myself to enjoy being as relaxed as anyone could ever wish to be, allowing myself to just be, as lazy as anyone could wish to be, and I wonder if I can now manage to relax even more, even though I am already as relaxed as it is possible for most people to be, I am just letting go of the last tiniest traces of tension in my body and softening the muscles, simply, with each easy, gentle breath I breathe, allowing every breath I breathe to relax every muscle, every nerve, every cell in my entire body, as I am drifting deeper and deeper into self-hypnosis now.

Variation of Candle Induction:

You remember that induction of focusing on the candle flame from earlier? Well, here is a slightly different, slightly longer version of that induction for you to use and enjoy:

As I relax more, and let go more and more, I can and do allow every muscle in my body to relax more and more profoundly.

I now picture, sense or imagine in my mind a candle, this candle can be any colour I wish it to be. The colour that I have chosen for my candle is a colour that my unconscious knows relaxes me and calms my mind.

I now focus on the flame of the candle. I can see, sense or imagine how beautiful the colours within the flame are. I may be aware of red, blue, yellow, purple, white or maybe another colour, and as I see, sense or imagine those colours within the flame, I relax more and go deeper, as I enjoy these relaxed feelings spreading into every fibre of my body.

I now focus on the wax body of my candle and as I see, sense or imagine the first trickle of melting wax begin to move down the side of this warm and comfortable candle, I see or imagine the melting wax touch the candleholder and merge with it to become part of the candleholder, so I become more and more relaxed, safe and comfortable.

Now, I imagine that I am that candle, a candle of total relaxation and, as I picture it, as the muscles in my body, helping me to relax more and more completely. I picture that which I am sitting in or lying on as a candleholder, and that my muscles, like the wax of my candle of relaxation, are melting into the chair, and that I am becoming, myself, a candle of relaxation.

Inner Eye Induction:

A nice, short way of entering hypnosis As pioneered by Michael Yapko.

In the same way that I have eyes that see the world around me, I also have an inner eye that is known as and called the mind's eye, and it can see images and process thoughts even as I relax so deeply, and my mind's eye has an eyelid, and like my physical eye, that eyelid can close down, as it, too, becomes heavy and tired, wanting to close, and it can begin to close, and as it slowly drops it shuts out stray thoughts, stray images, and can leave my mind perfectly clear, it experiences whatever I would choose and it is closing now, closing more and more, and my mind grows quiet and at peace, and now it closes completely, closing out all stray thoughts or images that I don't want to interfere with how relaxed I am.

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This is your programme for self-hypnosis:

Ok, by now, you should have practiced and practiced more and more of these techniques and should be getting more and more familiar with going into self-hypnosis. You should be using many different ways and deepening the state in your own ways and really personalising your experience of hypnosis. Once you are sure that you are ready to take things on to the next stage, take yourself into a hypnotic state using any induction method you can, then take control of the state (step "**B**"), deepen to the right level for you (step "**C**"), deliver the programme that follows (step "**D**") which is your programme for self-hypnosis, using any of the techniques shown earlier in the book, then thank your unconscious mind and exit hypnosis (step "**E**"). Having done that, do it again, then do it again and repeat the delivery of this programme until you are sure that you have firmly embedded it in your unconscious mind and are ready to move forward.

Programme for Self-Hypnosis:

There are three accessing cues that only I can use to activate my self-hypnosis programme. The three cues are;

Firstly, I have the intention to enter self-hypnosis.

Secondly, that I am in a safe place so that I can relax as I am now.

Thirdly, using my usual speaking voice, or in my mind, I count from one toward ten, entering hypnosis only between 6 and 10.

The instant I enter hypnosis, I am deeper than I am now, each time deeper than the time before. The very instant I enter hypnosis, I am in full control, and being in full control means that I respond hypnotically only to my intended instructions and programmes. Being in full control means that I am protected from random thought having any hypnotic influence. Full control means that I am protected from random image having any hypnotic influence. Full control means that I am protected from random sound having any hypnotic influence.

Only my intended instructions are given any hypnotic authority.

While in hypnosis I can give myself any suggestions in any way that pleases me. I can think them, whisper them, speak them aloud, record them or use any other way that pleases me.

When I have finished with hypnosis and am ready to exit, all that I need to do is count to 5. I can count aloud or count in my mind, either way, on five each time, on five, I am out of hypnosis, fully out of hypnosis.

This programme is my control of my hypnosis. Only I can activate it, and every time I use this programme and enter hypnosis, I automatically strengthen it and it works better and better.

I now ask my unconscious to take this programme and lock it away in the very deepest area of my mind, safe and secure. My hypnosis is now of a better and better quality each and every time I enter it.

Programme for Instant Hypnosis:

*From this moment forward whenever I intend to enter instant hypnosis there are three parts to the trigger. The first part is to have the desire, the intention to enter self-hypnosis instantly. The second part is to be in a safe place. The third part is to say to myself aloud or silently “**Instant Hypnosis Now.**”*

The instant I enter into hypnosis I am completely protected from random thought, random sound and random image becoming suggestion, and on entering hypnosis my body retains the position that I am in, i.e., if standing, I remain standing, if sitting, I remain sitting.

Once in the hypnotic state I am in full control and can use it for whatever purpose I please.

On finishing with the hypnotic state I count to five as usual to exit from hypnosis.

You can of course create your own version or create your own trigger words to ensure it is congruent with you. Just do whatever you would prefer.

Stress Shield Programme:

As I concentrate on my breathing even more, noticing my breathing, the rhythm of it, gently, just naturally breathing in pure relaxation and exhaling any and all stress and tension in my body, I just think to myself, good riddance to all that was unwanted, I don't need it, what I need is more and more natural, wonderful relaxation, so I feel anything unwanted simply leaving my chest area as I exhale slowly and gently, in fact it just melts away now.

I do really notice now, that some areas, some parts of my body are more easy to relax to a really deep level, while other areas and parts easily happen moment-by-moment, I know that both ways of doing this now are fine, so when I am concentrating, on those areas of my body that I already am finding to be most comfortable, and very wonderfully relaxed then I can and do begin noticing those other areas, and I start recognizing even more what there is about those parts of my body that makes me feel and be so beautifully comfortable, or very relaxed, that's right, what do I notice? I take my time to notice, and if I really want to, I can and do let myself begin feeling all those gentle

sensations in those areas, the most relaxed and comfortable parts of your body, noticing it even more now.

The most relaxed parts just beginning to gently spread all around my body, that's right, I am letting my body enjoy allowing my body and mind to relax now, but only as much as I want to, I remember that I am in control now, and as this special feeling of relaxation spreads, I am doing it now, those sensations can become stronger and stronger and more enjoyable, don't they? I am allowing it to continue to gently radiate to all of my body now, into every cell, every molecule and every atom of my being.

I like to imagine this in my mind, to imagine my relaxation spreading to every part of my being, to every cell in my body, maybe like the rays of sun, shining through me, gently warming, soothing, relaxing, or maybe like those circles of water radiating, rippling outwards from a pebble dropped into a gentle, quiet pond, and as I let that relaxation spread to every part of my body, every muscle, cell and fibre, really enjoying feeling more tranquil and more increasing peaceful feelings of relaxation in every part of my body, and with each moment my feelings of deep, gentle relaxation becomes as strong as I truly want them to be right now, only as strong as I truly want them to be, and it feels good to be true to myself right now in this moment, so I am true to myself right now, as well, and every cell of your body understands deeply how important it is for me to enjoy this healing sensation, this relieving, soothing sensation, and this deep feeling now gently, and powerfully, goes out beyond my physical self, right out beyond it, radiating out, right out, all around my, forming a powerful protective shield of energy all around my body and mind, and I allow it to now project out around, below and above me, or I can keep it really close, just like it is an invulnerable second skin.

Now, this protective shield is a creation of my unconscious, I can do with it whatever I wish, I can allow this powerful shield to protect me, in any way, or as many ways as I want to, this shield of energy can act as a filter, to filter out and remove those feelings or things going on around you, things, circumstances, reactions and responses that in the past I used to find stressful, my shield is filtering the way I respond to circumstances and situations, allowing me instead to let in those feelings I wish to let in and experience, and those good feelings build and develop and nurture me, and my shield can act as an amplifier too, to help me understand people, places, to understand how to keep them in perspective and to help people to understand me, more and more easily.

In fact I find that stress as I used to know it, just rolls off me, it drips off me so quickly, it actually bounces off this shield before I even think about it, before I have the time to respond, and I can just know that with each and every day and night, night and day, with each breath that I breathe, I am enhancing this shield, making it more and more powerful and resilient, even on those occasions and during those times when I am not consciously aware of it, it is there, protecting me, being enhanced with every breath that I breathe and with every beat of my heart, I can relax, just knowing that it is radiating this relaxation and energy all around me, protecting me.

Programme for Safe, controlled Relaxation:

This programme is called Safe Controlled Relaxation. Starting from this moment onwards and lasting throughout my entire lifetime, I know that there are three accessing cues that only I can use to activate my programme for safe controlled relaxation.

The first trigger is that I have the intention to enter safe controlled relaxation.

The second trigger is that I am in a safe place so that I can relax my body.

The third trigger is that using my usual speaking voice, or silently inside my mind, I speak the words;

Relax, relax, relax, lax.

On the last word “Lax” I enter safe controlled relaxation, momentarily passing through hypnosis. This lasts for less than one fifth of a second, during which time I am fully protected from hypnotic influence. From the instant I enter into safe controlled relaxation and until I exit, I am fully protected from hypnotic influence upon my thoughts, images and feelings. Yes fully protected from responding to hypnotic influence.

During the relaxation nothing disturbs me, unless it is an emergency. An emergency is anything requiring my immediate attention. Should there be such a disturbance, I simply open my eyes and deal with it in the most appropriate manner.

Without such a disturbance I continue to relax, both mentally and physically deeper and deeper, until the time that I have set has passed by. At this point, my unconscious mind alerts me, and I know that it is time to open my eyes. Opening my eyes automatically ends this period of safe controlled relaxation. This programme is my control for safe controlled relaxation and every time I use it I automatically strengthen it. Each time I choose to enter safe, controlled relaxation, I go deeper and relax more profoundly, each time more than before, even if it does not consciously seem so.

I now ask my unconscious to take this programme and lock it away in the very deepest area of your mind, safe and secure, where it has a powerful influence and effect on my life and enhances my ability to be more and more appropriately relaxed in each and every aspect of my life.

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Fractional Relaxation Script:

So, in this comfortable position that I have chosen, the sound of my inner voice is reaching deep within me. With my eyes comfortably closed, allowing myself to begin relaxing easily and gently. Concentrating now, all my thoughts and my attention on my breath, and feel your breath easily and gently going deeper and deeper down. Note that a deeper breath is not necessarily a bigger breath or a larger breath; it is simply a breath that goes deeper and deeper down, a breath that relaxes me more and more and more.

I can and do imagine my breath as it moves from my mouth and nose into lungs, with each subsequent breath I can and do imagine my breath going deeper, reaching my stomach and then maybe later reaching the very tips of my toes.

Comfortable, calm, relaxed and at ease, so I concentrate all my thoughts, all my feelings, all my attention on my breath, feeling my breath coming in (when you are breathing in) and going out (breathe out). Relaxing, letting go more and more and more.

And I know that hypnosis is always good to me, always good for me, always a comfortable, relaxing and gentle experience and I know that should there be any reason that I need to come out of hypnosis, I know that all I need to do is simply to count from 1-5 and open my eyes. I can count aloud, or I can count silently to my self, whichever way, on 5, when I open your eyes you are completely out of hypnosis and fully emerged. Relaxing now though, more and more wonderfully deeply.

As I go deeper, I know that each time I enter into this deep hypnotic experience I am able to and do go even deeper than the time before, so that the effects of each hypnotic session are growing and working more and more effectively for me. Each session more and more enjoyable, the hypnosis more and more reliable, knowing that my hypnosis is of a progressively better and better quality.

And I know, as a result of each hypnotic session, of each deep, relaxing, comfortable hypnotic experience that each and every time I choose to enter hypnosis (each time I use my self-hypnosis), I am becoming even more relaxed, even more calm, my own level of hypnosis is becoming more easily and naturally deeper, of a better quality. Feeling and being more and more comfortable being in hypnosis, knowing all that I need to know to allow myself to drift blissfully into a deeper and deeper hypnotic peaceful state now.

And throughout this experience, throughout each and every hypnotic experience involving me responding to my own internal voice, the sound of my internal voice remains the most important sound that I hear. Even though my mind may wander, thoughts, images, sounds, feelings may come and go, the sound of my own internal voice remains the most important sound that I hear, and you react and respond hypnotically to the sound of my internal voice and the suggestions and programmes I deliver within this session. Of course, only those suggestions with which I have full agreement are for my better good and well-being. The now familiar sensation of self-hypnosis, responding to my internal voice, this familiar feeling of gently and easily, naturally relaxing, the familiar sound of my internal voice is the most important sound that I hear.

I know that throughout this session, throughout each and every hypnotic session I enjoy, I remain fully protected from random thoughts, random sounds and random images from having any hypnotic influence for me and to me. Random thoughts, sounds and images may continue to come and go and this is quite usual for me, quite comfortable for me. I may also be aware of the feeling of my eyelids fluttering, moving gently and this is also quite usual for me, and of course, I find it a gentle, and a pleasant, and a deepening experience.

And in my mind I may choose to imagine myself being somewhere where I can really relax, and I know that in this experience there is nothing that is required of me or from me, there is nothing that I need to do or have to do. This is an opportunity for me to be away from, separated from the outside world for a little while at least, to spend some time within, to spend some time deeper and deeper down, relaxing more and more and more.

And each and every word that I hear is relaxing me and taking you deeper and deeper down, and the gaps in between my words and the pauses at the end of my

sentences continue to relax me and take me deeper and deeper down, into this wonderful hypnotic experience now. Comfortable, calm, relaxed and at ease, drifting deeper and deeper, letting go more and more and more and more.

(Maybe even imagine an audible sigh of enjoyment in your mind here, or even let go a nice sigh of pleasant relaxation)

Easily and gently, deeply letting go, with each and every gentle relaxed breath I take. And in your mind, choose somewhere to be where I can relax and let go, somewhere I have been before or somewhere I am creating especially for myself.

(The following paragraph is optional/ can be altered, added to etc. in keeping with that which you respond to the best.)

I can and do imagine myself lying on a beach somewhere in the world, the wonderful warm feeling of the sun coming from behind a cloud, that comfortably warm feeling, relaxing my body, relaxing my mind, gently and easily, more and more. The sounds of the birds overhead, the gentle feeling of the sea lapping against my feet, I can even hear the waves against the shore. So calm, so relaxed, every sound, every thought, every feeling, taking me deeper and deeper down.

I choose somewhere, I am somewhere where I can relax and let go, somewhere that is comfortable and calm for me to be, somewhere where I can leave the rest of the world behind for a little while at least, and every thought, every feeling, every emotion is taking me deeper and deeper down.

Knowing that each and every time I choose to enter into, I am also able to and do go deeper and deeper, relax more and more.

And I notice quite how wonderfully still my body is feeling, I become more and more aware of the sensations in my arms and legs, I notice the weight of my head more and more acutely. I Notice just how relaxed my body is feeling and being, and especially I notice this deep, heavy relaxation is already in my eyelids, I can and do imagine this deep, heavy relaxation as a beautiful crystal blue colour, or a wonderful azure green,, maybe as a golden, glowing colour. I feel it, visualise it, or just experience this wonderful, relaxing feeling spreading easily and gently and naturally from my eyelids out over my eyebrows to my temples and forehead, relaxing, releasing, letting go progressively more and more and more.

Spreading around my ears and over the top and over the back of my head, so that whatever it is that the back of my head is resting on, I find and can imagine more and more that the back of my head just settles a little deeper into whatever it is that my head is resting on. An increasingly comfortable gentle, easy feeling of letting go more and more and more. And this beautiful colour, this deep, heavy relaxation is spreading into my nose, my jaw and my lips, even into the muscles that allow the lower jaw to remain in place, I also do find that as these muscles relax even more now that my jaw, my lower jaw just hangs a little lower than usual as I am relaxing progressively more and more.

And this beautiful, deep relaxation is moving into my shoulders, releasing, relieving, massaging, letting go of any lingering tension or stress, so comfortable, so calm, so relaxed and so at ease.

And this relaxation is relaxing each and every part of my body, my entire physical being, it is relaxing the muscles and the tissues, the fibres and the tendons, the sinews, even the bones. Each and every system, muscular, skeletal, nervous, lymphatic, endocrine, vascular, urinary, reproductive, digestive, olfactory, visual and immune systems are all benefiting from this experience. Each and every cell, each and every molecule and each and every atom is benefiting from this deep, deep relaxation. Comfortable, calm, so wonderfully peaceful and tranquil.

And this natural, deep relaxation is spreading from my shoulders all the way down to my elbows and from my elbows to my forearms, and from my forearms to the backs and the palms of my hands, a wonderful, deep, easy, gentle relaxation, an easy letting go, all the way to the very tips of the fingers now, and I do notice that as this deep relaxation arrives at the very tips of my fingers, I really do notice a gentle tingling sensation in the tips of my fingers, a comfortable, calm, momentary experience of letting go even more.

And this relaxation is spreading easily, gently and deeply all the way along and down my back, around my sides, over and around my chest and my tummy. Bringing with it naturally, a better balance throughout each and every part of my body, each and every cell, each and every molecule, each and every atom is benefiting from this experience. And organically, that is to say within each and every organ of my body, there is a better balance and better unison a better harmony that is more appropriate to time and place, circumstance and situation, feeling and being healthier, fitter, stronger, more relaxed, comfortable, calm.

And this relaxation is spreading along and around my hips and my middle to the tops of my legs, and all the way down to my knees, then all the way along to my ankles, heels and across the soles and tops of my feet, all the way along to the very tips of my toes, so that there is flowing throughout my entire body, like a wonderful stream of pure, clean, clear water, a wonderful, gentle wave of pure deep relaxing hypnosis now. Spreading through my system.

*And so in a moment, when I say the words **deeper down** to myself, I go to the very deepest level of hypnotic experience that is available to me, the very deepest level of hypnosis. The most enjoyable and profound depth of hypnosis as I say those words **deeper down** to myself in just a moment. I do even surprise myself at how deep I really do go, getting ready to go to the deepest level, in
3..... 2.....1..... **“Deeper Down.”***

Deeper and deeper down now. Way down, deeper and deeper.

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Pain Release Script:

I know that any pain is a warning device from my body. I can and do free myself from that warning for a period of time. I now know the problem is there and I am consciously and unconsciously correcting it.

If I need to know about a change, if I need to be warned further, my unconscious gives me a signal, (maybe a tingling in the area instead; you decide). I then know and see to it that any new problem is taken care of and addressed appropriately.

I am free from experiencing any pain connected with (insert what was the specific pain problem here) but this in no way alters my warning pain signals for any other reason.

I concentrate a healing light in the area where I desire that pain to go away and stay away. I naturally harness the innate healing powers of my body and set up rapid and instantaneous healing with the healing light. It is so wonderful as I feel all tension leaving the area. All pain is going and going from the area. That area is feeling and being more and more soothed, relaxed and painless; marvellously free from pain. It is as if that entire area has been anaesthetised leaving the area in my conscious minds control with its usual manoeuvrability as I have the right to expect. I have the usual muscle and motor response and the area is free from pain.

Thank your unconscious and expect it to take care of this for you. The next script uses the actual pain as the object. Use the idea in your own way.

Pain or Anxiety as the Object:

As I am just relaxing deeper and even deeper, drifting way down now, deeper and even deeper relaxed, and I am just taking a moment to recognise and realise how many of us experience sensations that we regard as unpleasant, this is simply my perception of it and I have already learned one method of dealing with those things and that is to just allow deeper, conscious breathing to move deeply into those areas and remove all pain or discomfort.

And using another image now, another image that can and does bring me peace, comfort, contentment and deep relaxation, and that other method that is so powerful it can and does remove the symptoms of stress and strain and any pain, I now know and realise that the symptoms of stress and strain are all very subjective feelings, people feel them, however, as we know only too well it is difficult to consciously modify our feeling, and I know how much easier and easier it is to modify an object and so I am now changing old unpleasant sensations into objects, that's right, changing them in to "things."

(If you are experiencing pain or discomfort or if you feel tense or anxious, of course you need to modify the programme to meet your specific requirements).

I allow myself to take that unwanted feeling, tension, stress or strained muscle and give it a shape, I really do, just imagine a shape, I allow myself to visualize that shape, it can be any kind of shape, it can be an abstract shape or a concrete shape, and it can be an object or a geometric design or it can be soft and it can have a colour, whatever shape or object first comes into my mind is the right shape or object for me, I just let that shape happen, it comes forward, I just let it happen, as I go deeper and even deeper relaxed, I am more and more peaceful, calm and very relaxed.

And just relaxing and going deeper and even deeper, I give that shape a colour, and I can and do just imagine the size of the shape, and I give it a size, either just by knowing the size or by picturing it next to an object I know the size of, and I am recognising and realising that the shape is the symbol of my discomfort, and the larger the shape is, the more severe the discomfort is, and the smaller the shape is, the less the discomfort is.

And so I practice now, first making the shape larger, and then making it smaller, and when I make the size of the shape bigger it is easier to make the shape smaller, I then can even begin to use a few tricks, if the shape is a balloon I can put a needle into it, or kick it away, I can and do throw it away, put it on a boat or an airplane or tie it to the back of a truck and let it drive away.

And as I am realising that as this symbol is becoming smaller, the feelings associated with it are becoming less intense and I can and do make it smaller, as small and comfortable as I want to make it, and I am making it smaller by practicing making it larger and then smaller, and I realise that these are skills and as with any skill, the more I practice the more powerful the skill becomes, and I am using these skills, and using these skills any time I desire, the more I practice the easier it is for me to allow these skills to be more and more effective, so very easy to use and so very powerful, anytime I choose to use this skill, and practicing making the shape smaller and the colour of the shape fade or change, and every time I do this it is easier and even easier.

I am going to allow myself to rest for a moment but when I emerge from self-hypnosis, I know that I can give the shape a size and a colour and then instantly, effortlessly and easily I make the shape smaller and the colour fade, and every time I do this it becomes easier and even easier, and when I emerge from self-hypnosis, the shape is fading and becoming smaller.

Thank your unconscious before you exit.

This next script is specifically aimed at freeing oneself of migraine. Please consult your doctor first to make sure you are not dealing with a tumour, poor eyesight, tooth decay, infectious disease, high blood pressure or a head injury. Please consult with them first and get checked first.

Migraine Release Script:

I relax more and more and shape and form the headache and throw it away. As I relax, I know that I am free of this the headache. Anytime I feel a headache coming on, I release it. I instinctively place the tips of my fingers on the back of my neck and apply a very gentle pressure and the tension goes away. It is as if my fingers drain away the old headache.

Whenever the muscles start to tighten or I start to squint my eyes, I become more and more aware of it immediately and the relaxation begins immediately. It is like the signs now signal the relaxation to happen all on it's own.

If I have pressure behind the eyes, I very gently use my fingertips to brush my eyelids with an outward motion and the pressure subsides.

A deeper breath relaxes the muscles and the headache cannot materialize.

(Deepen by going down a staircase or something similar as in previous chapters.)

At the bottom of I staircase design a release valve for the escape of the tension or nervousness. Anytime I find myself in a situation that tension used to build in, like it used to do in the past, I imagine and see myself at the bottom of my stairs and I pull the release valve. I can imagine it releasing easily and gently.

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Script for better Quality Sleep:

Using my imagination I can begin to imagine that you I am sponge being wrung of any stress and unwanted feelings, down and out through my toes. I take these 3 deeper breaths and as I say "sleep now" so I do just that. I am aware of my own communication until my relaxation sensations are complete, then I do just go into a deep easy natural sleep.

*Because I want to get a fuller nights sleep, and because I want to awaken at the time I set myself (in the morning or evening) feeling more and more naturally refreshed, rested and with more and more natural enthusiasm and energy for life, each night as I retire I relax every muscle in my body by taking those 3 deeper breaths. After each breath I say to myself "**sleep now**". And I allow every muscle and nerve go looser and limp as if I was a rag doll. After the third breath I am so beautifully relaxed that I drift off into a deep and restful slumber with more and more speed, which remains unbroken until the time I set myself to wake, unbroken of course, except in the case of an emergency and an emergency is anything that requires my immediate attention and should such an emergency occur or exist, I wake and deal with it in the most appropriate way. Only an emergency awakens me and if this happens; upon returning to bed after attending to it, I return to sleep within 60 seconds. It is easier and easier for me to relax and go to sleep because I expect to sleep. Throughout my sleep, I am more and more contented and pleasantly relaxed.*

*I am finding it more and more easy to relax more thoroughly upon taking my 3 deeper breaths and at bedtime I drift to sleep more naturally as I relax. I sleep progressively more soundly and comfortably and without effort, it is just the way I am now. Throughout my sleep I feel naturally calm, contented and relaxed and I carry this calm, contented sense of relaxation over into my waking hours, installing this deep sense that I can and do sleep more regularly with a deeper quality. I awaken at my set usual rising time and feel more and more wonderful! I am increasingly, enjoyably relaxed, rested, alert and cheerful! I look forward to each new day ahead of me with a renewed sense of optimism and opportunity. I am more ready for another wonderful day and view it with freshness and awe; I feel like I am discovering each day. I thoroughly enjoy my deeper, more restful sleep and at bedtime I continue to just take 3 deep breaths and think those words of "**sleep now**" after each breath, and I go to deeper sleep more and more naturally. These thoughts come to me when I relax and say, "**sleep now**".*

I now am going to spread through myself the colours of the rainbow. The colours are red and orange, yellow and green, blue and purple, lavender, and white. As I go through the colours, imagining them working their way through my mind and body, I do go deeper and deeper into that wonderful natural sleep.

Just sensing the colour red and allowing it slowly evolve and turn into the colour orange, in my mind and in my body, slowly, calmly, easily and gently going into deep, usual sleep. That orange moving into the colour of yellow, filling my senses as it evolves through me into the colour of green, every nerve and muscle in my body is loose and limp and relaxed, as I go deeper and deeper into natural sleep.

(While thinking of each colour, you may want to picture things that are that colour, or sounds that go with them or spread soothing feelings that you might associate with them)

The turning in the colour of blue, flowing through me, into every cell from head to toe I am feeling more and more sleepy, I feel more and more wonderful sensations flowing through my body and I go deeper and deeper into natural sleep.

Moving into purple now and then transforming into lavender, my mind and my body are now going into a very deeper and healthful slumber. I feel so good, and at the next colour, I gently and easily allow myself to drift right off, then I go into deep restful and natural sleep for the entire night as I think about white, the colour white permeating my cells, easily and gently now allowing my mind to go to that place that allows me to feel and be more and more peaceful, more tranquil and more and more serene. Sleep now. Sleep now. Sleep now.

Additional Better Quality Sleep Script:

Now, I have actually used this kind of script in two distinctly separate ways; after an induction, as a deepener to be remembered later, and as a straightforward programme for better quality sleep. This kind of programme may not be ideal for those that may have any form of sleep disorder. It is a fairly well known idea in the field of hypnotherapy and not totally original, again, adapt it as you feel is best for you.

Now, I imagine myself on the top floor of a busy department store... at Christmas time... Christmas eve, in fact, with shoppers bustling everywhere, tills ringing, flustered counter assistants looking harassed and hot... there's noise and hassle and everybody's pushing everybody else... and patience is becoming strained as entire families rush about searching for those last-minute gifts that they had forgotten all about until now... and this is all too much for me and so I decide to go down to the next floor, via the escalator... and even the escalator is busy, loaded up to almost maximum capacity... but when I get down to the next floor...

I actually sigh with relief (you may want to actually let off a big sigh at this stage) because it is only half as busy as the floor above... only half as busy as the floor above... and it's maybe the cosmetics department, because there are women having makeovers and still people trying to buy last-minute gifts... worried young men sniffing at perfume bottles... older men looking at price labels... and it is still too busy for me, so once again I

decide to take the escalator down to the next floor... and this time the escalator is only half as busy... and the next floor down is only half as busy as the one above...

The entire atmosphere is decidedly calmer and more easygoing... and this is the floor where they sell luggage and all sorts of things connected with holidays... and even though everything feels so much calmer here, I decide to see how things are on a lower floor still... taking to the escalator once again and being pleasantly surprised to discover that there is hardly anybody else on it at all... and when I step out onto the sales floor this time, I see that it is the furniture department... sofas and chairs, tables and cupboards, bookshelves and display cabinets... furniture of almost all descriptions... and it's quiet and cool down here, hardly anybody around... and those that are here are just moving around quietly, gazing at things for a few moments before moving on... and I notice that the escalator has nobody on it at all... and I move towards it and soon find myself being transported gently down and down and down... with this wonderful relaxed feeling...

...and as I step off at the bottom, I am intrigued and interested to notice that I am in the bedding department now and there is no other soul around... just me... and in the peace and quiet of this place, I stroll casually to the largest most comfortable bed I have ever seen in my entire life... and I just flop yourself lazily onto it... marvelling at the sense of deep comfort that I suddenly experience... a deep comfort that seems to fill every pore of my entire body... relaxing me... calming me... lulling me into a deep and relaxing sleep... a deep, sound, beautiful sleep...the bed seems to mould and melt itself to the exact contours of my body and I feel as if I am settling a little deeper into it and as I sleep, I have a dream... I dream that I am on the top floor of a busy department store... at Christmas time... Christmas eve, in fact..

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Stopping Smoking Script:

Ok, so here is an example of a script for stopping yourself smoking using your self-hypnosis;

The reason that I am here at this stage is that I have made up my mind. I have made a final decision to be a non-smoker, to stop smoking completely. I have made up my mind to stop smoking now, not tomorrow, not next week, not next month, but this very moment. I do not allow any exception to this decision, because I honestly and truly want to and do become a non-smoker for the rest of my longer, healthier life.

I reflect on the reasons that I want to be a non-smoker so strongly? I know them when I think about them. I think about the difficulty that smoking brings. Some people have their doctor tell them to stop. Some people have a chronic cough, or pains in the chest. Other people continue thinking about smoking and cancer or emphysema. It does not make any difference. The point is that I have made this final decision to stop smoking for myself, and that final decision is that I am stopping now.

My motivational factor is very important in any habit changing. I realise that I have no need of smoking; I am a non-smoker. What is it that I am freeing myself from? I

am freeing myself of a cough, I am freeing myself of pain, I am freeing myself of trouble, I am freeing myself of all those things that I do not want, including smoking. I am freeing myself of the things I do not want in order to get the things I do want: naturally occurring relaxation, natural rest, a natural feeling of security, real natural happiness, all the things I do want, all the things I can and do find as a non-smoker.

I allow all these elements of this programme, my programme for being a non-smoker to have a more and more thorough and deep effect upon me, my mind, my body, my very spirit.

Now, nicotine is poison. It is one of the most powerful poisons on the face of the earth. A very tiny amount would be enough to kill a horse, let alone a human being. Fortunately, nicotine is not too concentrated in cigarettes, but it is present and I was taking poison, even minute amounts of poison. I was still taking poison every time I smoked. Now, I am freeing myself of that poison.

I am now choosing that I am going to do positive things from now on. There are many positive things I can do and positive things I can partake in. I enjoy clean, fresh air more and more, and enjoy the experience of the air in my body being cleaner and fresher. I can and do relax and enjoy your self more and more naturally. There are millions of other things I can do to maintain a wonderfully more and more relaxed, peaceful, calm, tranquil, placid existence without taking any poison. As a matter of fact, poison does not really make me more tranquil or placid; poison really makes me more nervous. Poison takes me closer to death. Poison isn't good for people at all. I do not need to punish myself. I am not guilty of anything.

Now, those ideas are gone and finished and I do not have to think of them ever again and just as those ideas are gone, that old supposed need for poison that I thought I had is gone right along with them. I do allow the entire thing to just drift away. I don't need any of that, I don't need any poisons. What I do need and what I bring more and more of into my life is natural relaxation, comfortable and cool relaxation. During this time I drift down deeper and deeper. I relax more and more, I enjoy life more and more as a non-smoker, I feel more comfortable in every way and I am free from the desire for tobacco in every way and any form, for its starting to leave and very soon I am surprised and amazed to find out that I no longer require tobacco in any form, nor do I need any type of poison in its place. I am through with poison; I literally turn my back on it. Poison in all its forms, you walk away from.

As I pay more and more attention to my inner realities and my internal voice, so I can feel the last remnants of that unwanted habit leaving. Now, every person who has smoked a cigarette in the past has connected smoking with other activities. Some people feel they have to smoke when they first open their eyes in the morning, or when they go to bed at night, or immediately after dinner, or when driving the car, or when at work, or when not at work, or when watching TV, or in any other situation.

They associate smoking with some activity or with something else they are doing, and because that other thing happens it triggers a mechanism which causes one to reach for a cigarette. Now we are breaking up all those mechanisms, destroying them, we're destroying them all right now. Each of those typical occasions in the past when I used to smoke that I think of, I can imagine that though shattering, smashing, being destroyed and so my unconscious destroys all association with those old mechanisms.

Everyone knows how dangerous smoking is, it's dangerous to my health, dangerous to my lungs and if there was any reward for living dangerously, that's different. Whatever situations were connected with smoking in the past are now completely revised, smoking for me is in the past.

From this moment forward there is no other activity that occurs in my life that requires smoking; there's no other activity in my life that goes better with smoking. In fact, every other activity in my life goes better with health. They go better with fresh, clean air in my lungs, they go better with a good blood supply, they go better without the coughing and spluttering, yes, everything goes better with health.

So from this moment on, it is easier and easier for you, because you are free of the urge for tobacco in any form, at any time, at any place, under any conditions, in any situation.

Not only have I stopped smoking, I am free of the urge, no matter how hard I try, I do not smoke. It is already set that I won't smoke. It is completely set and finished that I am through with smoking. I have a mind of my own and I have set it.

Because I have made this decision to break the smoking habit, and become an ex-smoker, become a non-smoker, and because it is my wish to become a non-smoker, that is why, I stop smoking, I stop smoking, for ever and ever, because it was my decision to stop smoking, and I have broken the smoking habit for ever and ever, because it is my decision, and I am more and more pleased that, I am now a non-smoker, I know, when I first started to smoke, when I first inhaled tobacco smoke, I felt dizzy, even nauseous, wanting to cough, because my body did not like, did not want that smoke.

But I persisted and finally my body accepted the fact that I was going to smoke and smoking became a part of my life, and when later on I wanted to stop I found it difficult to stop smoking, because my body did not know, did not understand that I was stopping, now though, my self-hypnosis and inner belief and desire, allows my unconscious mind to understand and now, I no longer smoke. And my unconscious can communicate that fact to every part of me, so that my body knows too that you I am a non-smoker and my body is more and more pleased that I am a non-smoker and since my body always knew how to enjoy life without smoking, there are no withdrawal symptoms at all, far from it, my body never liked that smoke, does not like it now and it never will, and now that I am a non-smoker, my body is more and more pleased that I am a non-smoker.

I allow these thoughts and I let those words sink into the deepest depths of my unconscious. I am a non-smoker and am for the rest of my life. I am a non-smoker and am for the rest of my life.

So I allow myself to understand that, of course, in the past, I used to smoke, and that as far as I am concerned, smoking for me is a thing of the past, no longer a part of me, just a memory, a gradually fading memory, I go through my daily life And for long periods of time, I forget about smoking, even if I see other people smoking, smoking means nothing to me, it is a fact of life that other people smoke, and other people smoking means nothing to me, and if anybody offers me something to smoke, or I am asked if I smoke, I am more and more pleased, more and more delighted to say, to think, to know "I don't smoke" and each time I think it, I say it or know it, my determination and ability to remain a non-smoker is reinforced, in any event, I am suggesting to my unconscious

mind that I have no desire to smoke, so I just allow my unconscious mind to make these suggestions a part of me, a part of my inner world,

As I am taking control of my own mind, I also have better control of my eating habits too, wherever I am, whatever I am doing, whoever I am with, I have no desire to and that's all there is to it, I know that I am an ex-smoker. That's right, I let those words sink in to the deepest level of being, which does reproduce in me my dominant thoughts.

I am a non-smoker, which means that I do not smoke, I do not touch tobacco in any form whatsoever, like every ex-smoker, I may have the occasional thought about smoking, but I treat that thought like a passing fancy, I let it go, my mind soon wanders onto something else, so I forget about smoking, sure in the knowledge that I am a non-smoker, which means that I do not smoke, as an ex-smoker, healthy alternatives to smoking come naturally to mind, just as automatic as my smoking was in the past, if I bother to think about it at all, I think of all the wonderful benefits that I am now enjoying as a non-smoker, the money I find in my pocket, the social advantages, the health implications, above all that wonderful feeling of well being that lets me know that I am free...

... free of the burden of smoking, the burden of smoking that I left behind in the past, and I enjoy that sense and feeling of freedom that comes from being an ex-smoker, no longer having to continually scratch that itch. And now that I am no longer deliberately introducing tobacco smoke into my body, my health receives a boost, in fact, I am physically fitter and healthier in every way, I have not given up anything, I have just left something unpleasant behind me. Another marvellous benefit is that my head clears, and that means that my mind becomes clearer and clearer, allowing my body to be more and more relaxed, every day, and I become so much more relaxed, not only in my body, I am more relaxed about myself, the world around, and the days and weeks and months go by and I become ever more clear in my mind, ever more relaxed in my body, now that I am a non-smoker, I find that I am coping better with anything, anybody, and any situation that I have to handle in my daily life, because I am coping more calmly, more relaxed, and more confidently, I have greater self-control, in other areas of my life too. Greater control over the way I think, feel, and greater control over the way I do things, over the way I behave, altogether, I feel as if a weight, a burden, has been lifted, and it has, the burden of smoking that I left back in the past, where it remains for ever and ever.

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Healthier Lifestyle Script:

My increasingly healthier and healthier body requires a healthier and healthier mind. Thinking of illness and unhappiness can make a person feel just that - however, I am better and better now at focusing my mind on these positive, progressive and healthier thoughts that do increase my resistance to illness more and more every day and night, night and day.

I Imagine myself brimming with more and more health and vitality, just the way I want to be and I keep this image focused in your mind as I direct my awareness to my health. I Feel and experience a newer, healthier energy beginning to flow into me and

within me as my nervous system becomes and is more and more stable and I become so much calmer and more relaxed than ever before, naturally.

All the organs and systems of my body are functioning at higher and higher levels of effectiveness as I direct my mind to improve my health and appropriately increase my energy levels. My metabolism is becoming finely tuned to my individual needs, I can even imagine that the fires of my metabolism are being stoked deep within me. My digestive system uses the food that I eat more and more effectively and I limit the quantities of food to the appropriate and healthier levels so that I am eating just the right amount of healthy, nutritious food that you require to give you proper nutrition. The correct amount that is sufficient for my physiological requirements. I am more and more attracted to the foods that my body and mind knows are good for me and am drawn to them more and more and I find that they satisfy more and more naturally.

And because I am becoming so much calmer inside and so much more relaxed, my entire outlook on life is improving and I begin to take each day as it comes, being more excited at its prospect. I feel a growing and developing sense of acceptance, an increasing feeling of peace and serenity deep within me. My metabolism during my resting periods becomes much more natural and is adjusted for my relaxed state and because of all these improvements to my system, my heartbeat becomes steadier and my breathing becomes more natural because of the increased oxygen intake in my lungs, energising my being.

And my entire nervous system begins to function more efficiently and effectively, along with my autonomic nervous system, which controls my heart rate and my breathing without me even needing to be conscious of it doing so; they are working in peace and harmony together.

Because of the improved effectiveness of my nervous system, my digestion and kidneys begin to function more and more effectively and I feel a tremendous improvement to my entire being. The blood supply to my vital organs such as my liver, my pancreas and my spleen do nourish these organs more effectively as all the chemistry in my body becomes more balanced and stable.

My brain waves are becoming better balanced and this indicates a more peaceful and restful nature and because of this I am sleeping more soundly and experiencing beautiful dreams that create more good feelings within me. And when I wake up at the time I set myself, I do so with a refreshed and invigorating feeling with a growing sharpness and alertness.

As a result of my improved biochemical and metabolic system, my general resistance to infections and diseases improves and my blood pressure is at its optimum healthy level and I go about your day-to-day activities with a deep, inner calm serenity.

The tone of my muscles improves and I have more energy and vitality with which to carry out my daily tasks and activities, my skin and my hair take on a healthy glow, which radiates out from within.

And all these things are beginning to take place deep within you, right now.

Here are some additional scripts to give you more ideas on formulating your own.

Weight Reduction Script:

I have begun a positive approach to obtain the appropriately slimmer, healthier, more attractive body, which I desire. I continue to give my unconscious mind more and more of the right kind of suggestions that do make this a progressive change in my living. These suggestions are going to and do take complete and thorough effect upon the deepest part of my unconscious mind, sealing themselves in the deepest part of my unconscious mind, so they do remain there forever, and become an intrinsic part of every cell of my brain and body. I may well be surprised and amazed just how effective these suggestions are going to be, how effective they are and how much they do become a part of my everyday life, giving me a brand new pattern, brand new thoughts, a brand new method of action, to make me the more and more effective and successful person that I know I want to be.

I do make use of a brand new method that I have not used as much as I should have done in the past when I used to be that way. I have now begun the first progressive approach for obtaining the more and more healthy, attractive body, which I desire and achieve. I have chosen to utilise my hypnosis as a positive means to attain this goal, because my hypnosis is a better and better aid in permanently changing my emotional reactions to food and eating and putting me in control of my own mind for the rest of my life. I do now realise that hypnosis is a new positive, progressive approach -- a new positive approach to obtain what I desire and I do achieve that.

For one of the first times in my life I do really initiate a good positive approach toward food and eating. As I initiate this better, positive attitude toward food, enjoying the right foods, liking the right foods, eating the correct food for me and my goal. I now create an increasingly progressive positive change in my eating habits. From now on, I do prove to my own satisfaction that eating all I physiologically need does entirely satisfy me; just like drinking all the water I need. Instead of trying to kill my appetite, treating it as an enemy, I work within the framework of my natural inborn usual reflexes, making a friend of my appetite, paying attention to it; for this is a good thing. Slim people have appetites. They pay attention to them. Attractive people have appetites. They pay attention to them. My own hypnosis makes a friend of my appetite, rather than an enemy.

In the past, I was been paying attention only to half the signal from my appetite. Namely, the signal that says, "Eat. I'm hungry." From now on, I am making a friend of my appetite. I listen to all of what my friend's advice is. When it says "I'm hungry," I eat. When the hunger feeling first disappears, and my appetite says, "I'm satisfied," I stop. I stop long before I am full, because once I have this full sensation, it means that I have grossly overeaten. I know that it is not important to feel full and I stop that from happening.

I am more and more aware that I haven't really been paying attention to my appetite at all because my eating has been driven by emotions rather than hunger. That has changed right now, here today. It is ok and usual to eat when my appetite says, "I'm hungry." In the past I was eating when I have not been sufficiently hungry. I have been eating out of habit when my body had no physiological need for food. I have been eating to satisfy psychological, emotional cravings. I have not paid attention to my appetite when it says "I'm done. I'm satisfied. Stop eating." I haven't paid attention to it either. My appetite doesn't need killing off. On the contrary, it needs reinforcing. My self-hypnosis is helping me to make a friend of my appetite. I pay attention to the advice of my new friend.

I tune in to my body and it's sensations. If I eat too much against the advice of my new friend, I know that I am violating my usual reflexes.

I know that it is important that I do eat all I physiologically need to replace my energy stores for immediate use and to store my body's sugar. I do now ban any and all plans that I used to have for dieting. I just do so, I let them go now. Otherwise, I bring into play an old instinct for self-preservation. This can spoil all of the positive results that I am gaining from my hypnosis. It is important that I develop the habit now and that I take action to develop these habits; that I do eat with more regularity, more of what it is that my mind and body know that I need. Within my hypnosis, I do and can reinforce the usual feedback mechanisms, the checks and balances that tell me when I need food and when my appetite is satisfied.

However strong I know my hypnosis is, it cannot overcome basic instincts for survival. One of my most strong instincts is that of self-preservation. The old concerns about being overweight that I used to have leads to sporadic dieting. This in turn suggests starvation. Starvation, in turn, demands defence. It brings out the instinct of self-survival. This instinct is responsible for others maintaining their excess weight. Slim people eat all they want.

Slim people do well. Slim, attractive people say to themselves, "I eat all I want and I maintain my ideal size, shape and weight."

I imagine myself as this slimmer, more naturally attractive person; the slim, healthy, attractive person that I soon am. I soon am saying and experiencing the very same thing. As I begin to talk and act like a slim, healthy, attractive person, I do become one, I am that version of me as I imagine it more and more. I do resolve right now to stop dieting forever. I do form a habit pattern to eat all I need when my body needs it. Paying attention to my appetite, trusting my own reflexes, reinforcing the sensation, reflexes and feedback patterns. I enjoy being slimmer, healthier, and more attractive. I do just feel increasingly more wonderful in more and more ways. The word diet and dieting are removed from my mind and all the plans I may have had for dieting are now let go of and removed from my mind thoroughly. Dieting just makes me think of growing hungry and giving up food, which in turn starts the anxiety about starvation, which brings forth the instinct of self-preservation. So I am through with dieting; through with dieting forever.

Through using my self-hypnosis more and more effectively I do restore usual reflexes that keep me more comfortably satisfied and bring into play that wonderful feeling of well-being. My natural association now is that the word diet is a negative word; it threatens me with denial of food and happiness. Hypnosis is a more progressive word; it helps me be more and more relaxed, comfortable and alive. Diets fail; hypnosis succeeds. Diet brings about starvation, which leads to overeating and obesity.

Hypnosis brings about a more natural satisfaction, which leads to relaxation and brings about a more naturally appropriate slim, healthy, attractive body, a relaxed mind and a satiated spirit. Those old urges to diet are now removed from my mind for now I really do realize that the real answer is in restoring usual reflexes. I concentrate on it, allowing every suggestion I give myself to sink to the deepest depths of my unconscious mind, for my hypnosis is a positive approach. Hypnotic suggestions, which I give myself, rapidly and effectively bring about a change which is necessary to insure a naturally slimmer, healthier, more attractive body, which I so desire.

Yet Another Weight Reduction Script:

As I go deeper and deeper into this relaxation, even deeper and deeper down with every breath I exhale, all the sounds fade away in the distance. I pay attention only to the suggestions, which I deliver to my unconscious mind and the goals that are inherent within those suggestions, noting carefully the suggestions that I am delivering to myself. One thing is very important for me: I am not only going to reduce weight to the level that is right for me; I also keep it off. This program is designed so that I let go that old inert fat, and become a more lean, alert and vigorous person. I free myself of the extra weight and keep it off, easily and comfortably. That means that I am now reconditioning myself. I am a new person, in a new lean form, with new eating habits. Not only do I have these new eating habits, I am more and more wonderfully content and happy with myself and with these new eating habits. I am enjoying life more and more, eating the way nature intended, eating only when I have physiological needs for food and no other time; not only now; for the rest of my life.

In the past, I was eating more than my body needed for its energy requirements, so that I stored this extra energy as inert fat. Now in order to reduce weight and reduce this inert fat, I burn it up as I meet my daily requirements for energy. I eat less than I burn each day. Later, when I am lean, I then eat only that amount that I need for my physiological needs each day. Right now though, I am developing habits to eat less than I am using. I am not giving myself a measured diet, for that amount will vary from day to day and depend greatly on my activities. I eat less than I need for the storage will make up the difference. This restriction does cause me no trouble or inconvenience for the fat stores of inert fat are burned and I reduce weight. I do eat a great deal less than I used to eat in the past, and this is enough to satisfy me healthily. I do eat less, and I do burn the extra fat. I turn this inert fat into energy. From now on I am forming an eating pattern; a pattern that is almost a compulsion.

Fat by its very nature contains an extremely big amount of stored energy. So, as I do burn a little of it each day, I reduce a little weight each day. Nature designed the fat stores to last a long time so the weight reduction may be gradual, but it needs to be consistent. It matters not how long it takes to regain lean proportions, for I do surely get there and do stay there, as long as I continue to rearrange my thoughts about eating and my emotions about food. The important thing is that I have changed my habits my. When my excess weight is off, it is off for good. I am a new person; about to emerge from a cocoon that I shed. I am more and more happy with my new form. I emerge as a new person with thoroughly changed ideas, a thoroughly changed image of myself and who I choose to be now.

I continue to relax and let all of these suggestions sink into the deepest part of my mind's eye as an image. This image is of good and wonderful food. Food I like. There is plenty of it all around me. There always plenty of it. For me, there always is enough food. I no longer have to worry about starving. For me there is plenty of food everywhere. With all this food readily available, I let go of any need to store any more food inside my body. There is plenty of food. There are plenty of the right kinds of food, all the kinds and varieties that my body needs when it needs it. From now on I eat only the very things my body needs, one day at a time. I am through with storing pads and rolls of fat. There is

plenty of food all around me. I stop the need to store food in my body that is more than my body needs.

I now know that there is in my central brain a small area which, regulates the biochemistry of my body and it controls the amount of fat I store in my body. This control is located in the hypothalamic area of the brain. My unconscious mind, through the hypothalamus, controls my weight by changing the body's chemistry. Using my self-hypnosis I can and do influence my unconscious mind to alter the control of both my appetite and storage of food in the form of fat.

Now while enjoying this beautiful state of hypnosis, I am giving myself the suggestion that I do change my body's chemistry so that I can and do break up these large storage houses of fat and prevent the recurrence of any new and unneeded storages of fat. Fat that has been putting an extra burden and overload on the body's machinery. Right now it begins, I break up and eliminate forever the unneeded fat stores. Change fat to energy and burn it up. Also, I free myself of it by excreting it. Free myself of it through my body's natural resources. It mobilizes more and more easily and readily and I can and do experience the fat melting away as I use it and excrete it. The globules of fat storage are leaving the normal cells and being carried away. The fat is being burned up and excreted.

I now use this stored fat to supply energy. This is extra energy to make me more vigorous. As I am eliminating the excess, I do eat far less than I need each day for the extra calories are coming from the food I ate yesterday and last year. I eat nothing to replace these stores. Nothing and no one can force me to eat so much that I replace this inert fat. I stop this fat from being replaced. These stores are going and gone. I am freeing myself of them, just as an overloaded ship needs to get rid of excess cargo. I only eat small amounts until I have used all of this stored energy and all those old storehouses that I used to have are gone. From this moment on, I eat less, and I move more and more lively and I feel more and more active, for I feel better than I have felt in along time. I am free of the desire for all but a small amount of food until my size, shape and is the lean size I want to achieve. Then I continue to eat more and more sensibly and correctly for the rest of my healthier, happier life.

Now that I change my chemistry, I have changed my entire body and my entire feeling to that of a wonderful sense of well-being. I eat more sensibly, get plenty of exercise, drink adequate liquids to always make myself feel increasingly more and more healthy, lean, trim and desirable.

I am progressively reducing my weight towards the ideal weight steadily every day. I am slimmer and shapelier. The excess weight is melting off me, just melting away and disappearing. I have a stronger feeling every day that I am now more and more in control of my eating habits. I picture yourself more frequently the way I know I am soon to be; slim and shapely and sexy in the way that is right for me.

So now as I relax and let all these suggestions take complete and thorough effect upon my mind, body, and spirit, as I allow my unconscious mind to correct and enhance my hypothalamus to change my body's chemistry. I let the monitor of my unconscious mind influence the hypothalamus to make this favourable body change. I let my appetite control centre be safely reduced so that excess storage of fat is utilised by excretion and burning of stored energy. I eliminate all that extra fat, I set myself free.

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Wealth Creation Script:

Prior to starting, you may even want to give yourself the kind of suggestion that you allow these words to become your words, your beliefs, your thoughts, that's right, your **dominant** thoughts.

As I travel deeper into my own inner realities, moving through the corridors of my mind. I imagine myself walking into a vast library, that exists at the very centre of my unconscious mind, where all the books are about me, those nearest to me represent this year and as the books go back, they go back in your time, back to early learnings, earlier experiences, where I learned to do so many things, learned and forged so many beliefs, just imagine finding a book. I Search through my own library of every experience of my life and find that book called "My Poverty Consciousness."

As I locate it, I can and do rip it up, destroy it, whatever it is that I want to, I free myself of it and I do this now, and as I do, I let go of those old beliefs, old values, old limitations. In that space I place a new book, "The Book Of Wealth", my very own book of wealth, and its messages spread and coarse through my system, like electricity through circuits, making deep fundamental changes in my hard wiring, in my deeper circuitry. Installing and creating more and more new beliefs, new attitudes, and a new expectancy throughout my entire being.

My natural state is that of wealthiness and abundance, I deserve to be wealthy, I release and let go of old emotional blocks to wealth, I release any old fears about money and wealth, release them out, even things that I am not consciously aware of I am letting go of, creating new wonderful states within me, I release any old limits about earning power, I allow money to flow into my life, it flows smoothly and naturally, I can and do imagine that I are surrounded in great wealth right now here in this moment, I smell the money, I see it, I touch and feel it, I have more and more of a wonderful intuition about money, I invite wealth and abundance into my life, I am more and more instinctively and intuitively astute and wise about money, I attract more and more of the kind of abundance I want in everything I do, I increasingly enjoy that sense of freedom that money brings me, more and more opportunities just flow into my life more and more as my unconscious mind opens me to them, with or without my conscious awareness, my increasing love of life is rewarded more and more abundantly, it really is as though I have a way with money.

The next part of this script can be adapted too. So that you can identify and understand certain parts of your mind.

I allow myself to really get in touch with that part of myself, that part of myself that I know very well, the part of myself that had those old beliefs, that had that old poverty consciousness, I know, that part of me that held those old beliefs had a positive intention all along, a positive intention that was trying to help me or do something progressive for me all that time, the only way it knew how to get that thing was by having that poverty consciousness, I now allow my unconscious mind to generate more powerfully wealthy ways of achieving that positive intention, using all the power of those old beliefs and values, keeping positive lessons and learnings and I let go of the old, outmoded and non-useful beliefs, I allow my unconscious to shift my circuits, alter those

neural pathways, so that I allow my unconscious mind to achieve those positive intentions in ways that enhance my wealth and brings more and more abundance into my life.

I am more and more motivated to succeed with less and less effort, I succeed in seemingly effortless ways, and when I apply more effort, it really increases my wealth in ways that I have not even imagined, I am an inspiration to others, others are progressively more inspired by my passion for life, money flows into my life from many varying source, again, even sources that I have not imagined it would, I have more and more trust in my natural ability to attract wealth, I move progressively more easily towards my goals and outcomes, I have more and more good fortune

I am more and more worthy and deserving of wealth, I really know that, I really think that, I deserve this, I appreciate others who have wealth and I wish them well, I love the feelings of getting things done now, my natural state is one of abundance and wealth, it is just who I am now, I allow money to flow into my life, I deserve to be wealth, I invite more and more of the right kind of abundance into my life, now as I u breathe in, I take in these words and let them become the electricity in my circuits, powering and energising my goals and desired outcomes which I am more and more aware of, my unconscious just makes these thoughts my dominant thoughts, my new beliefs of who I choose to be now, of who I am now, I am the new me that is now emerging with a growing and expanding enthusiasm as I find that I am naturally and holistically releasing all old limits, I am letting them go, they are fading, fading, fading, like a light going out in the distance...

I expand my awareness, a far reaching awareness of wealth in my life, I know from this deep inner space within me there is a vastness of infinite knowledge here, I use that now, I are more and more grateful for who I am, I act and behave like I am so wealthy, I take on the role, knowing that the more I behave like it, I acquaint your unconscious and conscious minds with who I choose to be with more and more authenticity, I am stepping into a new me, the wealthy me and I imagine feel how it feels, wearing this new me like I am wearing a new coat, I act like I am exuding wealth, I resonate wealth, I ooze optimism, I notice how others feel to be around me, it is like there is a light or warmth radiating from me that feels so good to be around, and a deep silent joy spreads into my system more and more and I recognise that I am that wealthy person, I deserve this, I choose to be this way now, I am this way now, I allow that feeling to spread, I release the old limitation, those old beliefs that I used to have, I now have new attitudes, I have new progressive beliefs, these are new beginnings in my new life, I see and experience money as my servant, it is progressively more exciting to know it is flowing my way.

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Confidence Script:

I allow my unconscious mind to provide me now with a memory of a time when I felt really good about myself – a time when I had accomplished something I was really proud of or maybe I was complimented for my effort – the content of the memory is not

important – what is important now is the feeling that this memory generates within me.

As I develop and recall this wonderful memory, I expand upon it – I see the situation that I am in, who is with me, what I am doing and where I am, I then fill in the details, the time of year, spring, summer, autumn or winter, the time of the day, morning, afternoon or evening – what I am wearing and feeling and seeing and touching – if anything – I hear what it is that is being said – if anything is said – or any other sounds – or smells – and now I focus on the feelings, and I can and do really remember how it felt inside – those good, positive feelings, strong feelings – confident and self assured feelings – and I can and do allow those good feelings to grow stronger and more positive whilst I take in a really long, deep breath in through my nose and press together the thumb and the middle finger of the right hand.

Then, in the future, whenever I take in a really long, deep breath through my nose and press together the thumb and the middle finger of my right hand, I can and do feel those good, strong, confident feelings – and I can feel these good feelings anytime I wish, anywhere, in any situation. Because these good, strong, confident feelings are becoming more and more a part of me and I am becoming that stronger, more confident person. And I remember, anytime I want to feel even more confident, all I need to do is to breathe in that really long, deep breath through my nose and press together the thumb and the middle finger of my right hand, and I feel those good, strong, confident feelings filling my body and my mind. I can and do feel more and more wonderful. Calmer, more relaxed, and much more confident than ever before.

I know what it is like to feel those good, strong, confident feelings – and I can really enjoy remembering and re-experiencing those feelings, which are becoming more and more a permanent part of me.

Self-Confidence Script:

I am more and more relaxed now, and because I am so wonderfully relaxed I begin to feel free from any unwanted feelings and spread all those good feelings throughout my entire system. I now realise that I am more confident and sure of myself because I am taking these enormous first steps to helping myself.

I begin to feel and experience this strength from within, motivating my self to overcome any and every obstacle that used to stand in the way of my happiness, social life and home life. I find that from this moment on I am developing more of the right kind of self-control. I do now face increasingly more situations in a calm and relaxed state of mind. My thinking is more appropriately sharp at the times when I need it to be so.

I begin now to feel and know that my self-respect and confidence are expanding more and more each day in every way. I do realise that in the past I felt helpless and overwhelmed and I am now replacing that with confidence, strength and self-control. I am a more and more happy person now with a more progressively positive attitude towards life. I am succeeding now in more and more of the things that I do and I discover more and more the abilities necessary for my own interpretation of success.

I realise that unhappy relationships can be caused by value judging and resisting others and myself. So I find that love is a natural state of being for me and I am naturally in a state of loving when I accept others and myself totally and unconditionally. So from this moment forwards, I realise that I do not have to approve of anyone's actions, behaviour or appearance in order to willingly accept and love them or myself. Our

actions are but the means we choose to satisfy our dominant needs to feel good. I feel more naturally warm and loving towards others and myself.

Additional Self-Confidence Script:

From this moment forward and lasting throughout my entire lifetime, I now realise that my number one responsibility is to fulfil my fundamental human need to feel really good mentally, physically and emotionally about myself, and so I do. I now realise that I have the freedom and the authority to do anything I feel necessary to satisfy this basic need. So, I do also realise that I am in charge of my own life and my own well being, for people benefit or suffer, feel good or bad, according to the consequences of everything they think, say, do and feel. I know that I am in charge of my own life and my own mind. From this moment on, my number one responsibility and priority is to fulfil my fundamental need to feel better and better about myself mentally, physically and emotionally. I stop resisting the reality of any unwanted circumstances and I accept the unwanted realities in my life and willingly allow them to be.

Additional Self-Confidence Script:

I now become more and more aware of the self-confidence growing within me. I am more and more self-reliant, self-confident and filling up with more natural independence and determination. I have opened my mind to the inner security that was lying dormant within me in the past; I have awoken it and continue to develop it and build upon it. I am updating myself, as I am more and more self-confident. I think confidently, I talk confidently, and I project an aura of natural self-confidence. I am more naturally independent and filled with more and more genuine, appropriate inner security. I am more and more self-confident internally and externally. My inner confidence has emerged and continues to emerge and grow.

I am creating a new positive and progressive reality for myself. I now experience increasing levels of warmth and joy in my life while detaching from old, outmoded ways and letting go of them. From this moment on I see the positive, progressive side of things that happen in my life, as long as it is appropriate to do so. I am more and more positive in being aware of opportunities in more of my life experiences. I possess more useful positive thinking and that now results in a more positive and progressive life. I experience a feeling of overall well-being and growing mental calmness. I am at peace with myself, the world, and more of those things and people that are in it. Each and every day I experience more and more positive results of my positive thinking.

My self-esteem is increasing. My self-confidence is increasing. I feel and am more appropriately enthusiastic about my life and look forward to any of the challenges that may present themselves. I now breathe life with new optimism, with new enthusiasm. A happy, self-assured inner me has emerged and continues to emerge. I am a more positive individual who sees any problems that may arise as opportunities. I am more patient, calm and harmoniously centred more and more of the time.

I keep my mind like calm water; tranquil and serene. I enjoy remaining centred more and more of the time; this means to be physically relaxed, emotionally calm, mentally focused and alert. I am more and more confident and secure about things in my life and my reality. I maintain a calm mind and I think more and more positive, progressive thoughts.

I let go of things that I cannot change. I am increasingly confident and secure, mentally at peace.

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Healing Visualisation Script:

*I allow myself to focus... all my attention... on that area in the middle of my forehead... so that my entire concentration ... becomes more and more focused... on that point... in this area of my forehead... and I allow myself to imagine... this point... as a tiny, white ball of light... now hovering just in front of my forehead... just floating in mid air... right in front of my forehead... and this tiny white ball of light... is in every way... the size and appearance... of a tiny distant star... a shimmering glowing star... shining brightly in the night sky... radiating energy and light... and I do soon... feel a slight sensation... or feel a warm comforting glow... as I become more aware... of the radiant vibrations... coming from this tiny white ball of light... that shines ever more brightly... as it hovers just in front of my forehead...
...and now....*

*I allow myself to... imagine this tiny white ball of light... slowly begin to float upwards... just gently lifting up into the air... higher and higher... until it reaches that point... about a foot above my head... and as it hovers there... just above my head... I allow myself to imagine it beginning to grow in size... and as it begins to expand... shining more and more brightly... I do become more aware of the radiant quality... of this illustrious object... I imagine the purity of its colour... like the pure white of freshly fallen snow... I can and do feel its radiant warmth... like a gentle heat from an open fire... I can imagine hearing its faint vibrations ... as it grows larger and larger... giving off a more brilliant light all the time...
...and as it grows to the size of large ball ... I am instinctively more aware now... of its healing qualities... sensing that its radiant energy can heal all that it needs to... instigating the natural healing abilities that exist within my unconscious mind... it revitalises and energises anything it touches... and as it hovers there... just above my head... glowing even more brilliantly... I can feel myself drawn to this healing energy... more and more... as I sense its purity... and its inherent goodness... knowing that it has these healing qualities... without limitations... and knows no boundaries... when it comes to seeking out... and destroying... any disease or discomfort... and I allow myself to immerse myself... in this radiant energy... to bask in its purity... knowing that I can and do only benefit... from its wonderful healing properties...*

As I think of this and concentrate more deeply on my own inner resources... the ball slowly begins to open... showering me with its pure healing white light energy... energy that revitalises me... and balances me... energy that cleanses me and heals every part of me... and as this free flowing stream of energy... begins its downpour... I allow myself to feel and experience this stream of healing energy... freely flowing down into every part of my body... down through the top of my head... clearing out any old negative thoughts, beliefs or emotions... and installing new feelings of well being and balance as it goes... down my neck and shoulders... relieving any tension or stress there... and all the way down my back... entering every muscle fibre and nerve in my

spine... clearing away any toxins that may have gathered there... and as this fountain stream of pure healing white light... continues cascading down... pouring into every last cell... in my entire body... cleansing and revitalising me... healing and rejuvenating me... I do begin to feel more and more uplifted... more and more alive... than I have felt in a long while... as feelings of health and well being... begin to resonate through my entire system...

As the constant stream of energy... continues to pour into my body... I can imagine this pure healing white light energy... freely flowing into every organ... in my chest and stomach... cleansing every artery and vein... purifying the air in my lungs... strengthening every muscle and bone... as it continues its free flow... down into my lower body... into my legs... and all the way down... to the tips of my toes... clearing any wastes or debris on the way... and at this point... I really notice and concentrate the flow of energy... on a certain part of my body... a part that maybe needs a lot of healing... and I just allow that to happen for a short time... so that I can direct the flow of energy... to where I need it the most....

As I continue to allow this pure healing white light energy... this free flowing radiant white light... to permeate every part of me... clearing any blockages... cleansing and purifying every part of me on every level... and I can imagine... that the ball above my head... has now grown even larger in size... to about three feet in width... so that its endless downpour of healing energy... has now completely enveloped my entire body... so that I am now immersed... from the top of my head... to the tip of my toes... in this radiant healing white light energy ... completely bathed in this pure source of radiant energy... that continues its free flow in and around my body... bringing me wonderful feelings of health and vitality... and the knowledge that any time... I can visualise this white light energy... entering my body... and healing every part of myself... I do just continually encourage... feelings of health and well being... in my mind, body and spirit...

As the healing process is completed for now... I imagine a beautiful mass of energy above my head... shrinks to the size of a large ball again... and the downpour of energy... begins to slow down ... slower and slower... until it finally comes to a stop... as the large ball above my head gently closes... leaving me radiating with feelings of health and vitality... and a feeling of well being all over... and at this point I can and do notice... how much better I feel... both physically and mentally... as well as a feeling of being emotionally uplifted... and as this wonderful healing process comes to its conclusion for now... I allow myself to imagine the large ball... still floating above my head... slowly begin to shrink in size... smaller and smaller... back to the size of a tiny distant star... then let it begin to descend ... gently floating down... back to the area... just in front of my forehead... where it is absorbed again... back into my consciousness... and I am more aware and more aware ... of how uplifted... and revitalised I feel and am... as my entire system... my mind and body... has been purified and cleansed ...in this wonderful holistic healing process... that I can continue... as and when I need to...

Additional Healing Script:

I am surrounded by a divine blue healing light, which is flowing through all of my cells, healing me more quickly and thoroughly. I have the power and ability to accelerate

the healing of my own body. My body is filling up with positive healing energy and my natural healing process is now accelerated.

Each breath of air that I take into my body contains this divine healing process. My mind is all-powerful and I now use it to heal myself of more and more imperfections, which may exist body (Be specific about your own situation here). I am now healing more and more profoundly and my body is returning to a higher state of well-being.

From this moment forward I choose only progressive better and better health, mentally, physically and spiritually. This deeply powerful level of health is my divine right and I now manifest better and better health. Each moment, each second, and each hour I move more rapidly and more thoroughly toward total healing of myself. I am more and more healed.

Further Healing Script:

At the count of 3, I imagine myself projected through time and space to the most famous healing temple known. 1 - 2 - 3. I am now standing outside the most famous healing temple of all time.

(Pause here and really develop this in your mind; sights, sounds, feelings)

I now enter the temple and meet the physicians and priests who will be working with me.

(Again, take some time out to really create this in your mind; interact)

I am now going through all of the diagnostic tests.

Now the diagnosis has been completed and I can and do see myself being wonderfully healed, participating with the priest and physicians in the healing process.

I experience myself being beautifully healed, leaving the ancient healing temple; being projected back to the present time and bringing with me the feelings and the energies, which I have created.

As I now take a nice deep breath, I am comfortably feeling and imagining the healing energy flow throughout my body.

To keep yourself updated with the latest news and techniques on self-hypnosis read my articles at www.adam-eason.com and please do keep in touch with me, I love to hear about your success.